

PULSE

For the people in NHS Lanarkshire and health and social care partnerships

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January 2023

NHS Lanarkshire empowers residents to make healthy lifestyle changes

January 4, 2023

Categories: Pulse, Pulse - Spotlight

Tags: free support to lose weight, healthy weight, ideas to lose weight, lose weight



At a time when many of us are traditionally making New Year resolutions to be healthier, NHS Lanarkshire's Healthy Lifestyle and Weight Management Service is promoting a variety of support to empower those who wish to lead a healthier lifestyle.

Being physically active and eating a balanced diet are important for not only physical health, but also emotional and mental health. Therefore, Lanarkshire residents looking to eat healthier and be more active can access [free ideas and programmes](#) to support them, including:

- Weigh to Go – a 15-week weight management group ran in partnership with North Lanarkshire Council and South Lanarkshire Leisure and Culture
- 12-Week Weight Management Programme – an online step-by-step programme that supports residents to review their current lifestyle and make new behaviour choices
- An interactive map to explore local green spaces and health walks
- Tips to eat well for less
- Go Jauntly – an app to explore favourite local Lanarkshire walks

Jonathan Cavana, service manager – Healthy Lifestyle and Weight Management Service, NHS Lanarkshire, said: “We want to promote positive messages around lifestyle and

nutrition. Our service has a range of easy-access physical activity and healthy weight initiatives for those looking to make lifestyle tweaks.

“The variety of options available means there is something for everyone, whether you attend a weight management group at a local leisure centre, access support and information online or simply enjoy the benefits of walking and nature. They’re all designed to bring about a permanent lifestyle change and empower people to design their new healthier lives.

“Changes happen best when we make small, realistic steps. It doesn’t matter what you do, as long as it’s something you enjoy.”

Hilary Pierce, dietetic lead – Healthy Lifestyle and Weight Management Service, NHS Lanarkshire, added: “Fad diets can be harmful, restrictive and difficult to stick to. In order to make positive changes, it’s helpful to consider what we should be eating and doing more of, every small step counts.

“By focusing on positive outcomes like physical and mental wellbeing, benefits can include better mobility, energy, more restful sleep and improved mood; it’s not solely about weight loss.”

For more information, access [NHS Lanarkshire’s Healthy Lifestyle and Weight Management Service webpage](#).

Health and Wellbeing Resources for Staff

January 4, 2023

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



During this current period of extreme pressure on NHS Lanarkshire services, staff are encouraged to ensure that they are prioritising their own health and wellbeing while caring for the people of Lanarkshire. Working in such challenging circumstances is likely to impact staff, so taking some time to help build your own resilience and future proof your health and wellbeing is crucial. It's ok to feel stressed, and help is available to you.

[**Your Health Matters**](#) has a wide variety of resources available to staff including guided mindfulness practice, the NHS fitness studio, self-care, writing for wellbeing and dealing with loss and grief.

GPs extend opening hours

January 5, 2023

Categories: Pulse, Pulse - General News

Tags: GPs



Many Lanarkshire GP practices will open extra hours on Saturdays throughout the month of January 2023, extending the times patients can receive care.

Local residents should check with their GP practice if it has specific arrangements for extended hours on a Saturday and if open patients registered with the practice will be able to make an appointment if they need urgent GP care. Or check our website at <https://www.nhslanarkshire.scot.nhs.uk/your-health/winter-health/gp/>

Dr Mark Russell, Medical Director, said: “These extended GP opening hours will help ensure that patients in need of urgent care are able to access their own GP quickly during January.

“Those GPs who have agreed to extend their opening hours will be able to support colleagues during this extremely challenging period for which we are extremely grateful. This will help ensure that people receive the right care in the right place as quickly as possible, which will help us manage pressure across the whole healthcare system at this current time.

“If anyone requires care and their GP surgery isn’t available, they should check their symptoms on NHS Inform at <https://www.nhsinform.scot/symptoms-and-self-help> or call NHS 24 on 111 to access out of hours care.

“I would like to thank the people of Lanarkshire for their continued understanding and reassure them that we’re here to look after everyone in lots of ways this winter.”

There are also other ways to access healthcare including opticians, some of whom open on a Saturday and can offer advice and treatment for any ‘sore eye’ issues.

And pharmacies, who provide a range of expert advice and information on your health without having to wait or make an appointment. Opening times for pharmacies across Lanarkshire can be searched by postcode, on the NHS inform website – https://www.nhsinform.scot/scotlands-service-directory/pharmacies?hb=so8000023&q=&sortby=_distance&sortdir=Asc

Christine Gilmour, Director of Pharmacy at NHS Lanarkshire, said: “Dropping into your local pharmacy means you can get help and advice on a range of health conditions.

“Help with medicines is also available and with the NHS Pharmacy First scheme you may be eligible to receive over-the-counter medicines free of charge when you need them. Pharmacies also dispense prescriptions and most supply emergency contraception.”

Video message from Chief Executive

January 6, 2023

Categories: Pulse, Pulse - General News



Jann wishes everyone a happy new year and recognises how challenging the last few weeks have been.

She thanks all staff for their continued resilience and kindness, with particular thanks to those staff who worked over the Christmas period.

The video can be accessed on Vimeo and YouTube using the links below:

- Vimeo – <https://vimeo.com/786863388>
- YouTube – <https://youtu.be/YahJujbp4dw>

Help shape North Lanarkshire's health and social care services

January 6, 2023

Categories: Pulse, Pulse - General News



NHS Lanarkshire staff working and living in North Lanarkshire are being urged to make their views known on the shape of local health and social care services over the next three years.

Health & Social Care North Lanarkshire is currently engaging on its draft Strategic Commissioning Plan for 2023-26. The plan sets out the priorities for the partnership over the next three years and North Lanarkshire residents can still give their feedback until Friday, 20 January.

An extensive engagement process has been carried out over the last five months to ensure a wide a range of staff, people who use services and carers have had an opportunity to participate and shape the development of the plan.

This draft plan has been open for engagement and feedback through an online questionnaire for the last month. Feedback is important as it ensures the partnership continues to provide community health and social care services that meet the needs of local people and enables them to continue living in their communities.

The plan sets out the key priorities for health and social care services in North Lanarkshire over the next three years to ensure people are supported to live in their own homes and lead independent lives at the heart of their communities.

Key areas the partnership's strategic commissioning plan is focusing its attention and resources include:

- A person centred approach – people are in control of the care they receive and it meets their needs

- Prevention and early intervention – supporting people to manage their own health
- Connecting communities – addressing the needs of each person as well as those around them
- Managing expectations – people are supported to agree individual realistic plans when they need help

The partnership's chief officer, Ross McGuffie, said: "We've had a number of responses already and held a number of events to ensure we hear from as many people as possible.

"The questionnaire finishes soon so it's really important that staff and North Lanarkshire residents tell us how the partnership is meeting their needs in the community as well as how we can develop services further.

"I'd encourage colleagues to take part in their survey before the 20th of January to make sure their voice is heard and we do all we can to make sure the people of North Lanarkshire are supported to live independently in their own homes.

The questionnaire can be accessed at <https://www.northlanarkshire.gov.uk/social-care-and-health/strategic-commissioning-plan> and will be open until Friday, 20th January. Responses are completely confidential and unidentifiable with the information provided being retained for six months only.

Good clinical practice

January 9, 2023

Categories: Pulse, Pulse - General News

Tags: good clinical practice



Good Clinical Practice (GCP) training is available to all staff within NHS Lanarkshire who plan on or currently practice clinical research and require the necessary certification to do so.

Both the introduction to GCP course, which is for those who have either not done any training or whose training has lapsed after the two-year certified period, and the GCP update course, for those who require only an update within the two-year certified period, are available to book via LearnPro (search: Good Clinical Practice) or you can contact Liz, Steven, Leigh or Emma to book a session.

The courses are run monthly and are free to all staff members within NHS Lanarkshire and Scotland wide. The introduction to GCP course is a full-day session carried out at University Hospital Wishaw and refreshments are provided, the GCP Update course is a half-day course online via Teams.

<https://nhs.learnpro.uk/>

Emma.lee@lanarkshire.scot.nhs.uk

Steven.marshall@lanarkshire.scot.nhs.uk

Liz.lennon@lanarkshire.scot.nhs.uk

Leigh.hamilton@lanarkshire.scot.nhs.uk

Leading the weigh in 2023

January 10, 2023

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



Many of us find January is the perfect point in the year to set ourselves goals and embrace the year ahead.

Perhaps you've thought about getting more exercise this year. If so Weigh To Go, NHS Lanarkshire's weight management programme might be what you're looking for. The programme is led by instructors who deliver exercise classes and group discussions on healthy eating and lifestyle.

An exhilarating demo of Weigh To Go was given during Staff Health and Wellbeing Week in October 2022. To find out more about what it's all about visit [Your Health Matter](#).

Biggar Medical Practice win prestigious award

January 12, 2023

Categories: Pulse, Pulse - Spotlight

Tags: biggar medical practice



Biggar Medical Practice were announced as Scottish GP practice of the year at the annual Scottish Healthcare Awards.

Held at the Crowne Plaza in Glasgow in November, the team were recognised for their commitment to enhancing the patient experience and plans in making the practice a great place to work.

David McMunn, Biggar Medical Practice business manager, said: “The team were thrilled at the award and hope we can continue to improve the service offered to patients through a programme of continuous improvement and patient engagement.

“Everyone at the practice would like to thank all of their patients and advisory groups for their support during 2022 and acknowledge how proud they are to be able to serve the Biggar catchment.”

HMP Shotts health centre to host nurses' careers event

January 13, 2023

Categories: Pulse, Pulse - Spotlight



A careers event showcasing the unique job opportunities for registered nurses and final year nursing students at Shotts prison is taking place next month.

The event will give nurses the chance to visit the health centre at HMP Shotts and learn about multi-disciplinary teams working in prison healthcare. Registered nurses interested in the Band 5 positions will have the opportunity to meet some of the healthcare team including:

- The prison's deputy governor
- Scottish Prison Service staff
- The lead GP
- Senior healthcare managers
- Members of the multi-disciplinary team

Gwen Macintyre, senior nurse, Health & Social Care North Lanarkshire, said: "A career in prison healthcare is often one that most nurses wouldn't even be aware of. However, we're keen to highlight how fulfilling, and an opportunity for career advancement, this role can be.

"This nursing careers event is designed to give potential new recruits a real feeling for what a typical day would involve. It will also give them a chance to speak first-hand with some of the existing healthcare team at HMP Shotts.

"Nurses working in prisoner healthcare have a very varied working day which helps them develop a range of new skills. They play an important part in contributing to, and delivering, a comprehensive

primary care service working closely with Mental Health and addiction colleagues.

“Our primary care staff are pivotal in working with the multi-disciplinary team to support new innovations in prisoner healthcare including chronic disease management for long-term conditions with advanced care clinics.

“Above all, It’s a real opportunity to use the breadth of their skills and knowledge while being part of a team providing assessment, evaluation and delivery of a range of interventions to manage prisoner healthcare needs.

“While each day is different, a typical day can consist of administering medication, triaging and assisting patients, and working in nurse-led clinics.”

Registered nurses and final year nursing students can learn more about the roles by emailing gwen.macintyre@lanarkshire.scot.nhs.uk.

Spaces at the careers event are limited, so it’s important that anyone planning to attend contacts Sarah.Wilson3@lanarkshire.scot.nhs.uk to secure a place.

The event runs from 1.30-3.30pm on Wednesday 15 February. On the day, those attending should report to the vestibule at the main entrance of the prison where they will be met by an NHS clinical nurse manager.

Please bring photographic Identification in the form of driving licence or passport. All electronic devices including mobile phones are prohibited. Lockers are available to store valuables if required (please remember to bring a pound coin if a locker is required).

Blossoming Green Health Opportunities for NHS Lanarkshire Patients

January 16, 2023

Categories: Pulse, Pulse - Spotlight



Over the past five years, NHS Lanarkshire's Green Health Partnership (LGHP) has partnered with Clydesdale Community Initiatives Scotland (CCI) to develop a therapeutic gardening and Green Health Programme. As part of this, various green health opportunities are offered for inpatients and outpatients as well as hospital staff and visitors.

CCI runs various volunteering opportunities for those with mental and physical problems at the following NHS sites:

- Airbles Road Centre – Motherwell
- Coathill Hospital – Coatbridge
- King George V Garden – Wishaw
- Kello Hospital – Biggar
- Udston Hospital – Hamilton

All health professionals can find out more about their patient's suitability for these initiatives by getting in touch with CCI Scotland; contact Ruth McElhinney, Community Development Manager: ruth@cciweb.org.uk or call 01555 664211.

What patients can expect:

CCI will support every patient with training and equipment so every volunteer is comfortable. There

are many benefits of green health, and by volunteering with the team they have the opportunity to:

- Discover new skills and interests
- Be part of a friendly, hardworking team
- Improve their health and wellbeing
- Make a positive contribution to the community
- Meet new people and have fun
- Hands on experience in a real work environment

Each patient can stay with CCI for as long as they would like, CCI can also refer patients back to you upon completion of their volunteering.

The Green Health Programme integrates green activities into patient rehabilitation programmes and dementia groups, as well as growing fresh vegetables on hospital sites where all produce grown is used within NHS Lanarkshire or donated to Clydesdale Foodbanks.

Marie McKeown, Partnership Manager – Lanarkshire Green Health Partnership, NHS Lanarkshire said: “Our ongoing partnership with CCI Scotland supports patients, hospital visitors and our staff to experience a positive boost to their physical, emotional and mental health, as well as new and improved hospital grounds. We’re thrilled to be able to offer such a rewarding initiative.”

Ruth McElhinney, Community Development Manager, CCI Scotland, added: “Our partnership with NHS Lanarkshire has resulted in participants learning new skills, gaining more confidence and experiencing feelings of contributing to the community.

“We have had over 100 patients actively engage in our sessions, many long term inpatients where this opportunity has made a significant impact on their social, mental and physical wellbeing. We have also donated over 1000kg of vegetables to the Clydesdale Foodbank, all of which is grown on NHS Lanarkshire grounds.”

To discuss your patient’s suitability for these sessions, please email ruth@cciweb.org.uk or call 01555 664211.

Smoke-Free and ‘Appier Future

January 17, 2023

Categories: Pulse, Pulse - For You

Tags: NHS Lanarkshire staff support to quit, smoke free app



The NHS Lanarkshire Quit Your Way team has partnered with Smoke Free, to provide all staff who smoke with free access to the Smoke Free App, which can be downloaded to your mobile phone.

The app, which can be worth up to £50 to access certain features, keeps you motivated to quit and has helped half a million people in the UK to quit smoking. Staff who sign up will have free access to the app for 12 weeks and will also be provided with free Nicotine Replacement Therapy delivered to their home or to collect from their chosen pharmacy.

It's simple to sign up too! Register by completing this [short online form](#), and you'll receive a call from a QYW nurse adviser within a few days to discuss your requirements and arrange your registration code.

Or to find out more, call or text our local Lanarkshire Quit Your Way helpline on: 07813 563289.

The app has supported half a million people in the UK to quit smoking and includes features such as:

- Guidance for managing cravings and withdrawals
- Advice on stop smoking medications
- Displays how long you have been smoke-free to the second
- View your progress including money saved & health improvements
- All progress is calculated for you, including the amount of cigarettes you've not smoked

The app also can be changed to French, Spanish, Portuguese, German and Russian languages.

Lynne O'Hare, nurse specialist – Quit Your Way, NHS Lanarkshire, said: “The app is a fantastic add on for people looking to quit smoking to access for further support and motivation.

“It comes with some great features that can be accessed as much or as little as you need, including daily check ins to keep motivation high.

“Previously with the scheme, staff were required to access their local Lanarkshire pharmacy however, they now have the option to receive their Nicotine Replacement Therapy posted to their home if they would prefer.

“I would urge anyone thinking of stopping smoking to give the app a go!”

Register via our [**short online form.**](#)

Improved referral process for Community Paediatrics

January 17, 2023

Categories: Pulse, Pulse - Spotlight



Our Community Paediatric Service is reviewing how it can further develop and improve the standard of care for children and young people across Lanarkshire.

As part of this work, the team is refining how it receives and processes referrals. All new referrals should now be sent by email only to: CommunityPaediatrics@lanarkshire.scot.nhs.uk

Pauline Izat, general manager, Specialist Children's Health Services Unit, said: "This change is being implemented as we work towards fully utilising systems that our referrers are accustomed to, such as SCI Gateway to submit referrals."

"Our referral template should be completed and returned to us by email with any relevant attachments. A 'request for assistance' template will also be accepted as a method of referral via other agencies/professionals.

"It's important that as much relevant information in addition to a referral, for example, child's plan, educational assessment, is included to give our staff as full a picture as possible to help us meet the young person's needs.

"I'm sure this will play a part in making our service more efficient and I'm grateful to everyone for your ongoing support."

Any referrals received via letter/paper instead of the referral template will be returned to the referrer and asked to resubmit. The template is available at: <http://firstport2/staff-support/child-health/paediatrics-outpatients/default.aspx>

Further information can be accessed by contacting the service on 01698 687553.

Latest discounts from NHS Staff Benefits

January 20, 2023

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Here are some of the latest deals from some fantastic brands.

- **Get 20 per cent off tickets to Capital Sci-Fi Con 2023**

Children's Hospices Across Scotland (CHAS) are excited to invite you to the most incredible event in the galaxy... Capital Sci-Fi Con 2023.

Join in on 11 and 12 February at the o2 Academy, Edinburgh.

The event will be packed full of entertainment and special guests, including Bernard Hill (King Théoden, The Lord of the Rings). This truly is the ultimate event for all the family, whatever your passion: whether you are potty for wizardry, mad for marvel or star struck for the force. From amazing photo opportunities with props from Harry Potter, Game of Thrones and Stranger Things to special TV and movie guest appearances, there is so much to see.

There will also be a Nerf shooting gallery, a sci-fi Movie costume exhibition, traders selling sci-fi goodies and lots more – plus, under 5s go free.

The convention is run entirely by CHAS and wonderful volunteers, with 100 per cent of the profits going to CHAS.

To redeem your NHS staff discount, simply copy the exclusive discount code and apply at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-20-off-tickets-to-capital-sci-fi-con-2023>

- **Get 25 per cent off overnight stay at Cameron House**

Cameron House is a five-star resort set within 400 acres of beautiful Scottish countryside, on the world-famous bonnie banks of Loch Lomond.

Following an extraordinary restoration to the historical 17th century baronial mansion, Cameron House Hotel is the prestigious home to a collection of 208 bedrooms, including 28 suites.

Enriched by an award-winning spa with rooftop infinity pool, 18-hole championship golf course, a range of impressive restaurants and bars, a new state-of-the-art leisure club, 234-berth marina, 29-seat cinema and a choice of exhilarating and relaxing resort activities.

Cameron House on Loch Lomond is offering the NHS and emergency services a 25 per cent discount which includes one-night accommodation in a classic bedroom and full access to the Cameron leisure club, swimming pool, family splash pool, sauna, steam room and bubble pool.

Wake-up to a hearty breakfast in the Cameron Grill before you set off to explore the beautiful sights of Loch Lomond.

To redeem your NHS discount, simply copy the exclusive discount code and apply at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/get-25-off-overnight-stay-at-cameron-house>

- **55 per cent off your first box + 25 per cent off all boxes for two months with Gousto**

Precise ingredients and delicious recipes delivered to your doorstep. Tuck into the 75 dish menu, filled with global cuisines, family favourites and Joe Wicks approved healthy options. Meals for every appetite – sorted.

To redeem your NHS Staff discount, simply copy the exclusive discount code and apply at the checkout stage.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/65-off-your-first-box-25-off-all-boxes-for-2->

months-with-gousto

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Benefits.

Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/> or visit Facebook at <https://www.facebook.com/NHSSB/>

Chief executive staff message

January 20, 2023

Categories: Pulse, Pulse - General News



Jann delivers this week's message from University Hospital Wishaw. Jann has visited the three acute hospitals this week, meeting the teams in the emergency departments and assessment areas. Jann was impressed to hear about the work staff have undertaken in recent weeks and was grateful for the kindness and compassion staff continue to show to our patients and fellow colleagues during these challenging times.

Jann also speaks about our new improvement plan, Operation FLOW, which is currently being developed. This is a whole system project which staff will hear more about in the coming weeks.

The video ends with Jann wishing colleagues a happy Chinese New Year which happens on Sunday 22 January.

The video can be accessed on Vimeo and YouTube using the links below:

- Vimeo – <https://vimeo.com/791153910>
- YouTube – <https://youtu.be/cuZagFSc324>

Win one month's membership to Hang On Climbing

January 23, 2023

Categories: Pulse, Pulse - For You

Tags: pulse competition



We have teamed up with NHS Staff Benefits and Hang On Climbing to offer one lucky reader one month's membership to its rock climbing premises in Hamilton.

[Hang On Climbing](#) has over 600 square metres of bouldering surface and has over 180 routes, ranging from beginner friendly to brutally hard! It also has a dedicated kid's climbing area so there is something for everyone.

Don't forget, NHS Staff Benefits members can get 20 per cent off day passes and 23 per cent off monthly memberships at Hang On Climbing. For details, visit: [Get 20% off day passes and 23% off monthly memberships at Hang On Climbing with NHS! from Hang On Climbing – NHS Staff Benefits](#)

To enter, answer the following question:

What is the highest mountain in Scotland?

Please email pulse@lanarkshire.scot.nhs.uk with 'Hang On Climbing' in the subject line.

Alternatively, send your competition answer including your name, location and contact number to:

Richard Hendry

Communications Department

NHS Lanarkshire Headquarters

Kirklands

Fallside Road

Bothwell

G71 8BB

The closing date is Tuesday 28 February 2023.

NHS Staff Benefits is free to register for all staff and has both local and national deals – both in-store and online – all especially negotiated for NHS staff.

To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Benefits.

Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/> or visit Facebook at <https://www.facebook.com/NHSSB/>

Gastroenterology pharmacy team wins prestigious award

January 24, 2023

Categories: Pulse, Pulse - Spotlight



The Gastroenterology pharmacy team was recently awarded 'Hospital Pharmacy Team of the Year 2022' at the Scottish Healthcare Awards in November.

The team, established in June 2021, were recognised for their new and innovative work by a panel of judges from across the pharmacy profession in Scotland.

The team consists of a highly specialist clinical pharmacist/team lead, two specialist clinical pharmacists and a secretary, who's role is to deliver person-centred, safe and effective pharmaceutical care to patients with inflammatory bowel disease (IBD) in outpatient and inpatient settings across NHS Lanarkshire.

The team was set up in the wake of the increasing backlog of outpatient care caused by Covid-19, in order to increase the capacity of IBD multidisciplinary team across the three acute hospitals.

Michael Smith, highly specialist clinical pharmacist/team lead, based at University Hospital Hairmyres said: "I am incredibly proud of what the team has achieved over the first 18 months of our new service.

"We have developed the service from the ground up, ensuring our patients with IBD have been at the centre of the care we deliver.

"Conor and Rebecca, our specialist pharmacists at University Hospital Wishaw and Monklands have risen to the challenges and worked very hard to help me deliver on our key objectives, whilst upskilling themselves as independent prescribers.

“I am also especially proud of our team secretary, Anne, who has been an amazing support to not only the team, but our patients. The team very much deserve this award.”

The team’s primary focus has been on the delivery of person-centred care through the switching of patients from intravenous to subcutaneous vedolizumab – a high-cost biologic medicine used in the treatment of IBD, which has generated hundreds of thousands of pounds in savings for the health board.

At the same time, the team has worked innovatively to improve the delivery of care to patients by leading a transformational programme of work, including the role out of pharmacist led prescribing and monitoring of high risk IBD medicines and gastroenterology pharmacist led clinics across the three acute hospitals.

This work has also freed up capacity for consultant and nurse specialists to allow them to deliver the care needed for patients with gastrointestinal conditions across Lanarkshire.

Ways to look after your financial wellbeing

January 24, 2023

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



Regardless of how good you are with money the cost of living crisis is making financial wellbeing a priority for most people. There are many sources of help and advice available to NHS Lanarkshire staff.

The NHS Credit Union is a person-centred co-operative owned and controlled by members that provides a range of savings accounts and loans, and also hosts a support hub for managing finances and dealing with debt. To join the NHS Credit Union you must be employed by the NHS in Scotland directly, as a contractor or through a partner care or third sector organisation. Find out more by visiting [NHS Credit Union](#)

With regards to the rising cost of household energy bills, Home Energy Scotland is an advice centre that helps people to create warmer homes, reduce energy bills and tackle fuel poverty. The service offers advice on understanding energy consumption and funding that may be available to make homes more energy efficient. Find out more by visiting [Home Energy Scotland](#) or watching their [You Tube](#) channel.

For further Staff Health and Wellbeing resources including on financial wellbeing visit [Your Health Matters](#).

Operation FLOW

January 24, 2023

Categories: Pulse, Pulse - General News

Tags: Operation FLOW



On Friday we launched Operation FLOW – a major new programme to reduce the current health service pressures in Lanarkshire.

Focused

Lanarkshire

Optimal

Whole System

This is a fantastic opportunity that will bring the whole health and care system in Lanarkshire together in a concentrated and coordinated effort to stabilise and decompress our services, delivering benefits for both patients and staff. It is about taking the best practice approaches and methodologies that we already know work, and bundling them in a way that achieves the greatest impact.

The success of this initiative depends on all of us. We are encouraging all staff to get actively involved during Operation FLOW and will let you know how to do so as we countdown through the weeks.

Recently, NHS Lanarkshire and health services across the country have faced enormous challenge. Operation FLOW provides the opportunity for us to reset our system.

There are three stages of this work:

- Stage 1 – Preparation and Improvement (week-by-week countdown)
- Stage 2 – Firebreak (Thursday 23 February to Friday 3 March)
- Stage 3 – New System Approach

Stage 1 – Preparation and Improvement

Over the next few weeks we are undertaking a comprehensive programme of work to begin our improvement journey and design a refreshed care and flow system for Lanarkshire. During this stage we will communicate a week-by-week countdown describing the greatest areas of focus each week, what we all need to do and opportunities to be involved. Service improvement and recovery plans that are current being enacted as part of the winter plan and the escalated measures agreed before Christmas will also continue at this time.

Stage 2 – Firebreak

This is a nine-day period, labelled a “firebreak”, from Thursday 23 February to Friday 3 March 2023. During this time all parts of our health and care system will work together in a co-ordinated manner to focus on a system reset. The firebreak’s goal is to stabilise our system – benefiting patient care and releasing the time and energy we need to make sustainable improvements for patients and staff. This includes a reduction in hospital occupancy levels which in turn will enable us to focus on providing the right care, in the right place, at the right time.

Stage 3 – New System Approach

Following the firebreak, we will carry out further actions to maintain an improved position across the whole health and care system through Operation FLOW. While the initial improvement work of Operation FLOW will run until early spring, our aim is to establish a new system approach that has long-term benefits. It will include a new approach to escalation to establish earlier triggers that sustain the improvements we achieve.

Right now, we are working with our acute hospital site and health and social care partnership locality teams to plan the detailed actions needed to deliver the firebreak. Many of you will already be involved in this work and we will ensure all staff are kept updated as we proceed with Operation FLOW and further details are confirmed. Please take the opportunity to make yourself actively aware of local plans as they develop, and discuss in your own teams how you can become more involved.

Hugely impressive work has taken place in recent weeks and months to keep our services running. It is important to note again the incredible commitment and work by our teams every day and especially over recent weeks when things have been so difficult.

Operation FLOW is a huge opportunity to reset our system if we can all pull together, so please consider now and in the coming weeks – ‘How can I personally get involved in Operation FLOW and help?’

The NHS Lanarkshire website will include weekly updates on progress. It also includes a Q&A section that we will add to during Operation FLOW in addition to regular email updates to staff. We will also

let you know next week how to contact the project team with questions and to get involved.

Thank you to all our staff and GPs for your continued efforts. We have an outstanding team in Lanarkshire. Let's work together to reset our system to make this a better place to work and provide care.

For more information visit: www.nhslanarkshire.scot.nhs.uk/OperationFLOW

Green health initiatives within patient care

January 25, 2023

Categories: Pulse, Pulse - Spotlight



Research shows that spending time outdoors plays an important role in improving our overall health and wellbeing.

NHS Lanarkshire supports residents to access opportunities within local greenspace, parks and nature to further support their mental and physical health. The health board has partnered with various public and voluntary sector local organisations to form the Lanarkshire Green Health Partnership (LGHP) since 2018.

Green Health Partnerships were originally led by NatureScot's 'Our Natural Health Service' programme across Scotland to maximise ways of utilising our natural environment. The LGHP is the first to operate independently of the programme, incorporating nature-based solutions into health care to deliver positive health outcomes.

The LGHP work within NHS Lanarkshire, which is also supported by NHS Charities Together, has brought green health activities into patient rehabilitation programmes and dementia groups. It has also developed various opportunities for inpatients, outpatients and staff to enjoy new and improved NHS grounds including:

- More than 100kg of vegetables harvested from hospital gardens and donated to a food bank
- Participants engaging with therapeutic gardening sessions
- University Hairmyres Hospital setting up a food growing site
- Delivery of plants and seeds, and online sessions during Covid restrictions
- Developing the new King George V Garden in Wishaw

NatureScot released its evaluation of the first three years (2018-2021) of the four pilot Green Health Partnerships (GHPs) across Scotland, which recognises the range and volume of work across all GHPs, and NHS Lanarkshire for embedding the LGHP within its public health policy and practice.

Kerri Todd, Head of Health Improvement, NHS Lanarkshire, said: “The Lanarkshire Green Health Partnership has supported participants to experience a positive boost to their physical, emotional and mental health.

“Feedback from patients who have taken part in programmes such as therapeutic gardening has been heart-warming and I’m thrilled that NHS Lanarkshire has been able to grow our green health agenda and capitalise on our existing, health enhancing resource; the outdoors.

“The progress has been fantastic over the years and I’m proud our board has been able to successfully integrate these opportunities into existing practice. We will continue to work extremely hard to further develop our current green health initiatives and ensure as many residents as possible can experience these health and social benefits.”

Bridget Finton, People & Places Team, NatureScot, added: “The evidence shows that physical activity outdoors and contact with nature is good for body and mind, and this is backed up by powerful personal stories including how people valued local green places during Covid restrictions.

“GHPs bring together a range of partners to create better places and support people whose health would benefit from using these places. This report shows how GHPs add value by championing green health, and it’s great to see the Lanarkshire GHP is now part of core business with the health board.”

Ruth McElhinney, Community Development Manager at Clydesdale Community Initiatives Scotland (CCI), who are a member of the Lanarkshire Green Health Partnership, added: “Our partnership with NHS Lanarkshire has resulted in participants learning new skills, gaining more confidence and experiencing feelings of contributing to the community.

“We have had over 100 patients actively engage in our sessions, many long term inpatients where this opportunity has made a significant impact on their social, mental and physical wellbeing. We have also donated over 100kg of vegetables to the Clydesdale Foodbank, all of which is grown on NHS Lanarkshire grounds.”

Latest discounts from NHS Staff Benefits

January 26, 2023

Categories: Pulse, Pulse - For You

Tags: staff benefits, staff discounts, staff offers



Save £££s on some great deals both in-store and online, all especially negotiated for NHS staff. To find out more, or sign up to receive all the latest discounts, visit: www.nhsstaffbenefits.co.uk

Here are some of the latest deals from some fantastic brands.

- **Enjoy amazing Big Weekenders at Butlin's with an extra £20 off**

Butlin's Live Music Weekends provide you and your friends with a great getaway to relax, have fun and enjoy good music and good times. Butlin's three seaside resorts – Bognor Regis, Minehead and Skegness – play host to a range of three-night weekenders that cater for all musical tastes as well as headline tours and sporting events.

From weekends that pay homage to your favourite decades to beats that transport you to the famous White Isle, there is something for everyone and there is no off switch. So, dig out your best fancy dress, fire up the group chat and get planning. You do not just need a 'catch up' – you need a Butlin's Big Weekender.

NHS staff are being offered an extra £20 off amazing Big Weekenders bookings. To book, simply copy the exclusive discount code (or 'Q number') and follow the link, select 'Get a Quote' and enter the code when asked for your 'Q Number' on the next screen. Once typed in you will see NHS Staff Benefits appear below, this will ensure that your discount has been applied to your booking.

If an adapted room is required, please call 0330 100 9334 and quote your Q code to the representative in the contact centre.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/butlins-big-weekender-nhs-discount>

- **30 per cent off all orders from Roses & Cushions – flowers and gifts delivered nationwide UK**

Roses & Cushions are an online store for flower and gift delivery. Delivering to all parts of the country, Roses & Cushions believe in adopting sustainable gifting practices, minimising waste wherever possible while offering a seamless ordering and gifting experience. Choose from a wide range of fresh, dried and preserved flower bouquets, candles, chocolates and other gifts and have them delivered to a loved one the very next day.

Roses & Cushions are offering NHS Staff Benefits members 30 per cent off flowers and gifts. The offer can also be used for subscription flowers.

To access the offer, copy the exclusive discount code and visit the Roses & Cushions online store.

For more information, including terms and conditions, visit:

<https://www.nhsstaffbenefits.co.uk/deal/roses-and-cushions-nhs-discount>

- **Up to 82 per cent off at Printerpix with NHS discount**

Printerpix loves bringing people together with personalised photo gifts. A photo speaks 1000 words and their photo gifts honour those special moments. Customers can choose from collage canvas, photobooks, custom blankets, photo prints, photo mugs, magic mugs and more.

NHS Staff Benefits members can save up to 82 per cent off at Printerpix with an exclusive NHS staff discount.

To redeem the discount, simply click the link and the code is automatically applied.

For more information, including terms and conditions, visit

<https://www.nhsstaffbenefits.co.uk/deal/up-to-82-off-at-printerpix-with-nhs-discount>

Don't want to miss new NHS exclusive deals, limited time offers or competitions? Make sure you are signed up to the NHS Staff Benefits newsletter and follow on Instagram and Facebook. Here, you will find all the new deals – so while you are browsing your feed or watching stories, you can stay in the know about the best of NHS Staff Benefits.

Follow on Instagram at <https://www.instagram.com/nhsstaffbenefits/> or visit Facebook at <https://www.facebook.com/NHSSB/>

Join your free, local Weigh to Go class!

January 30, 2023

Categories: Pulse, Pulse - For You



To continue to support those who wish to lead a healthier lifestyle, including NHS Lanarkshire employees, NHS Lanarkshire has extended its free 15-week weight management group [Weigh to Go](#), and introduced a new Weigh to Go Maintenance programme.

You can [book in for the next block of Weigh to Go](#), starting the week of Monday 13 February.

Both programmes continue to be in partnership with South Lanarkshire Leisure and Culture and North Lanarkshire Council, with organisations Healthy Valleys, Lanarkshire Community Food and Health Partnership and Getting Better Together Shotts also now holding Weigh to Go classes within the community, giving you even more classes and venues to pick from.

All NHS Lanarkshire staff are welcome to attend this free programme where you'll be encouraged to make healthier choices that then turn into positive daily habits, alongside a low impact exercise class, before progressing to Weigh to Go Maintenance.

The class is led by a qualified instructor and consists of 45 minutes of healthy eating and lifestyle interactive chat, then a 45 minute low impact exercise class, along with a confidential weigh in. Weigh to Go Maintenance focuses on 45 minutes of low impact exercise, but with a shorter session on healthy eating and lifestyle change discussion.

[Find your nearest class and book your slot!](#)

David Kennedy, health improvement senior – physical activity, NHS Lanarkshire, said: “Weigh to Go is a fantastic programme for those looking to make healthy lifestyle changes and now, attendees will find these changes are even more sustainable with Weigh to Go Maintenance.

“Since Weigh to Go launched, I’ve enjoyed hearing the inspiring stories of those who have made positive healthy changes in their lives, not only where weight loss is concerned but also new confidence, managing to reverse type 2 diabetes diagnosis and visiting the gym for the first time.

“I would urge anyone thinking of making any healthy changes to give it a try. The programme incorporates both an education and physical activity element tailored to suit all fitness levels.”

Weigh to Go Maintenance is free to attend for leisure centre members, or £2.10 per session for non-members.

Margaret Stewart, from East Kilbride, managed to reverse her type 2 diabetes diagnosis and lost an amazing two stone through attending Weigh to Go, said: “My high blood sugar levels were raised as Type 2 Diabetes, after discussing my concerns with my GP I was referred to South Lanarkshire Leisure and Culture where I was signposted to Weigh to Go.

“My coach, Simon, is a lovely, down to earth chap who welcomed me, made me feel at ease and helped motivate me each week. I enjoy the chats we have as a group and I also feel what I have learned each week has helped me to make lifestyle changes and I feel so much better for it. I have so much more energy and feel happy.

“Reversing my Type 2 Diabetes diagnosis was a combination of increasing my physical activity and making dietary changes, I still go to the classes and also became an Activeage member to continue to receive support to achieve my long-term health and wellbeing goals.”

[Find out more about Weigh to Go, your local class or book.](#)

Or, book your slot direct for Weigh to Go!

- Book your slot with [South Lanarkshire Leisure and Culture](#)
- Book your slot with [North Lanarkshire Council](#)
- Book your slot with [Healthy Valleys.](#)
- Book your slot with [Lanarkshire Community Food and Health Partnership.](#)
- Book your slot with [Getting Better Together Shotts.](#)

Smoking burns your money as well as your cigarettes

January 30, 2023

Categories: Pulse, Pulse - General News

Tags: quit smoking support, quit smoking to save money, quit your way, save money



NHS Lanarkshire, NHS Greater Glasgow and Clyde and NHS Lothian have joined forces to support people who wish to quit smoking. They've launched a new campaign focusing on the harmful effects smoking has on people's health and bank accounts.

As the cost of living continues to rise, many people may be finding it difficult to make ends meet. This joint awareness campaign between Scotland's three largest health boards focuses on the benefits of quitting smoking to physical and mental health as well as money worries.

It directs those who smoke and their families to the free NHS stop smoking service: Quit Your Way. The service offers 12 weeks of support to anyone who smokes, including free nicotine replacement therapy, and specialist support to quit for pregnant women and those with mental health problems.

The campaign features NHS respiratory consultant, Dr John McCafferty, emphasising that although some may believe smoking is helping them cope through these difficult times, it actually has the opposite effect and makes them feel worse. [Watch the video here.](#)

As part of this campaign, a podcast aimed at referrers was also created to discuss the impact of smoking on mental and physical health during the cost of living crisis. The podcast features; Sheila Duffy, Chief Executive – ASH Scotland, Jo Duffy, Senior Health Promotion Officer, Tackling Poverty – NHS Lanarkshire, Geraldine Lucas, Team Leader – Quit Your Way – NHS GGC and Donnamarie Bell, Mental Health Adviser – Quit Your Way, NHS GGC. [Listen to the podcast here.](#)

Dr John McCafferty, consultant respiratory physician, NHS Lothian, said: “I understand people struggling might believe smoking helps them to relax. However, that relaxed feeling only lasts

a short time before they start to feel anxious, tired and depressed. That can then lead to smoking more – it’s a vicious circle.

“In my role as a respiratory consultant, many of my patients have serious health issues due to smoking, including COPD and lung cancer. I hope that being able to raise further awareness of the Quit Your Way service will encourage people thinking of quitting smoking to give it a go, even if they have already tried before.

“The health benefits from stopping smoking start almost as soon as you stop, quitting could save your life.”

Shirley Mitchell, programme manager – Quit Your Way, NHS Lanarkshire,

commented: “Smoking is not the main reason for poverty, but it does make things much worse for people living with money worries. For example, if someone smokes twenty cigarettes per day, research shows quitting could save them at least £3000 per year.

“Working in partnership with both NHS Greater Glasgow and Clyde and NHS Lothian means we’re in a much stronger position to raise awareness of our service, especially at a time when people may be struggling more financially and mentally.

“We know nicotine is a powerful, addictive drug, but by getting the right support from our service, it can increase your chances of quitting.”

Geraldine Lucas, Health Improvement Lead – Quit Your Way, NHS Greater Glasgow

and Clyde, said: “Quitting smoking is the single most important thing someone can do to improve their health.

“Most people will know that quitting smoking can improve their physical health, but it’s also proven to boost your mental health and wellbeing, helping relieve stress and anxiety. We want to highlight that our services are there to support people at this very challenging time.

“The NHS has a great team of Quit Your Way advisers with lots of experience in helping people to give up smoking. Stop smoking services can provide tailored information and support, as well as discussing the free nicotine replacement products like patches and gum that are available through the Quit Your Way services to help you quit.”

To find out about the stop smoking services and to access the best support to quit in your area call the **Quit Your Way helpline service on 0800 84 84 84** between Monday – Friday from 9am until 5pm or visit [QuitYourWay.scot](https://www.quityourway.scot).

You can now use our [‘Click to be Contacted’ service](#), select your local or nearest area, leave your name, preferred contact method, and we will be in touch with you.

You can also visit your local **Community Pharmacy** for FREE stop smoking support. Find your [nearest community pharmacy](#).

*Savings of over £3000 per year is based on ASH Scotland's research, '[Calculating the Cost of Smoking](#).'

Evidence for the campaign – taken from ASH Scotland's [Poverty Alliance Smoking and Poverty Report](#)

Walk & Talk on Time to Talk Day 2023

January 31, 2023

Categories: Pulse, Pulse - For You

Tags: staff health and wellbeing



NHS Lanarkshire is supporting Time to Talk Day on Thursday 2 February with 'Walk & Talk In Partnership', a walking event with Paths for All and Lanarkshire Association for Mental Health (LAMH). Staff working in the Wishaw area are encouraged to take part in the walk which begins at LAMH Cafe and Wellbeing Centre, 57 Kirk Road, Wishaw at 11.45am.

There are many physical, mental and social health benefits to walking and being out in nature, and this event allows those benefits to be felt in celebration of Time To Talk Day.

Making Operation FLOW a success #TeamLanarkshire

January 31, 2023

Categories: Pulse, Pulse - Spotlight

Tags: Operation FLOW



NHS Lanarkshire has launched Operation FLOW – a positive and ambitious plan to reduce service pressures and improve patient care and experience.

Plans are developing rapidly across the whole health and care system in Lanarkshire to reset our system to improve flow through our acute hospitals.

We are asking every member of staff to consider “How can I help make a difference?” Working together we can make this project a real success.

Flow refers to the way patients move through a hospital, from admission to discharge. Improving hospital flow can lead to better patient outcomes, increased capacity, improved staff satisfaction and improved patient safety. It can also help reduce wait times and improve overall patient satisfaction.

Operation FLOW (Focused, Lanarkshire, Optimal, Whole system) is divided into three stages:

Stage 1 – Preparation and reset, which is currently underway;

Stage 2 – Firebreak, which will take place from 23 February to 3 March; and

Stage 3 – Maintaining good flow, which will involve the implementation of a new flow model.

Professor Jann Gardner, chief executive of NHS Lanarkshire, said: “Thank you to all our staff and GPs for their continued efforts to improve our services and provide the best care we can. We have a fantastic team in NHS Lanarkshire and everyone’s support is crucial to making this a success. I’m delighted by the energy and enthusiasm everyone is already bringing to this important opportunity.”

A vital part of Operation FLOW is the co-ordinated effort currently underway across our services to prepare for the short-term firebreak. This is a powerful package of actions to quickly ease the current pressures across our three acute hospitals over a nine-day period.

We are now in week -3 in the countdown toward the start of the Operation FLOW firebreak. The focus of our work is to reset our system, improving patient flow using all tools available. This includes active flow out of the emergency departments; clear management plans; setting early planned date of discharge (PDD) and every ward ensuring discharges are actioned as early as possible. We are working on all of this ahead of our full firebreak.

The firebreak's goal is to stabilise our system – benefiting patient care and releasing the time and energy we need to make sustainable improvements for patients and staff. This includes a reduction in hospital occupancy levels which in turn will enable us to focus on providing the right care, in the right place at the right time.

During the nine-day firebreak, from Thursday 23 February to Friday 3 March, all of our health and care system will work together in a co-ordinated manner to focus on a system reset. The firebreak has seven key action areas which were agreed by senior leaders from across NHS Lanarkshire, South and North Lanarkshire health and social care partners and the Scottish Ambulance Service (SAS).

The firebreak key actions are:

1. Commission mobile multi-disciplinary teams (MDTs) to undertake a daily review of all patients for the nine-day firebreak to ensure that all patients meet the criteria to reside in an acute bed;
2. Commission a mobile MDT to undertake a daily review for the nine-day firebreak to ensure that each patient meets the criteria to reside in an off-site bed;
3. Expediting clinically stable inpatients waiting for diagnostics to discharge;
4. Provide professional-to-professional clinical decision-making support for care home residents prior to conveying residents to hospital;
5. Reduce the number of access routes to hospital-based urgent and emergency care during the period of the firebreak;
6. Expand access to ambulatory care for the duration of the firebreak;
7. Increase senior clinical decision-maker resource in Hospital @ Home to support more people in the community for the duration of the firebreak period.

Professor Gardner said: “Operation FLOW is a hugely exciting opportunity to make the improvements our patients and staff need in the face of the challenges experienced not just in Lanarkshire, but in

health and care services across the country.

“Crucially, Operation FLOW is based on tried and tested approaches. It’s about taking the approaches that we know will work and make a difference and putting them together in a co-ordinated and focused way that brings the maximum benefit to our patients and staff.

“While the firebreak is really important to what we are doing and will bring immediate benefits, its greatest value is that it will free up the capacity and energy needed to bring about sustainable improvements to our services – improvements that will make our whole health and care system more robust and resilient in the face of future periods of pressure.”

Operation FLOW is a whole-system approach that involves NHS Lanarkshire, South Lanarkshire Health and Social Care Partnership, Health and Social Care North Lanarkshire and the Scottish Ambulance Service working together closely.

Professor Gardner said: “By working together, we want to be able to get patients coming through our emergency departments seen, treated and either admitted or discharged as quickly as possible. At the same time, we need to be able to discharge patients, who are clinically fit, to their own home or another appropriate care setting.

“If we can pull together as a team, with every member of staff taking the time to understand the plans and be clear on each of us can make a difference, then we can achieve a very real change. Getting to that point will make a massive difference to our patients and staff experience every day.”

You can also find out more on our website at:

www.nhslanarkshire.scot.nhs.uk/OperationFLOW

If you have ideas, comments or questions for the project team, email

operationFLOW@lanarkshire.scot.nhs.uk

- Professor Jann Gardner, chief executive
Vimeo – <https://vimeo.com/793379045>
YouTube – <https://youtu.be/wuTXS3FARTU>

- Calvin Brown, director of communications
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YouTube: https://youtu.be/etOtUW_6Op4

- Kirsty Orr, head of planning and development
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YouTube: <https://youtu.be/3KxyvEnovWU>